

## **Assessment and Intervention Checklist**

1. Gathering intake information to provide opportunities for coming out and being genuine
  - Are you in a committed relationship with a man or woman and for how long?
  - LGBT affirmative literature on display in counselor's office
2. Taking a family history that is inclusive of alternative families and other critical social networks; determining how ostracized one may be within the family unit for being LGBT
  - Is your family supportive of you?
  - Who do you consider as part of your "family" network (explore alternative families)?
3. Taking a psych and treatment history that acknowledges when clients have been psychopathologized for being LGBT and/or subsequently mistreated in previous treatment
  - Were you ever pushed into therapy or treatment because you were LGBT?
  - How LGBT affirmative or insensitive were your former treatment experiences/last counselor?
4. Exploring sexuality in a supportive, non-confrontive manner
  - How would you describe your romantic and/or sexual orientation?